

# Mindfulness Tip Sheet

## GROUNDING

### Summary

This grounding exercise is a quick, basic mindfulness practice that will get you in touch with your sensory experience in the present moment.

### Uses

Use this grounding technique when you start to feel anxious or during the beginning stages of a panic attack.

### Method

- Find a comfortable sitting posture. Your back should be straight and your body relaxed.
- Close your eyes and take ten slow, deep, full breaths. Breathe in through your nose and out through your mouth. Move your belly in and out with each breath. With each exhale, imagine that you are breathing out all your worries.
- Continuing to breathe deeply, concentrate on how your feet feel. See if you can feel the sensations at the bottom of your feet and in your toes.
- Now see if you can feel the sensations in your hands. Focus on how your fingers and palms feel.
- Keep breathing deeply. Continue to feel the sensations in your hands and feet. Are your palms tingling? Are your feet cold? Bring full awareness to the feelings of your hands and feet. Do this for ten slow breaths.
- Now see if you can feel the sensations in your whole body. Let your awareness cover your entire body all at once. Feel yourself breathing. Do this for ten more breaths.
- Continue doing this for at least 5 minutes or as long as you like.